

The Communicator

News from your local coop to keep you connected.

January 2026

GoTo>TV

Cozy up this winter with GoTo>TV! Catch your favorite holiday movies, local sports, and binge-worthy shows all from the comfort of your couch.

Sports fans can enjoy all their favorites in one place, including local sports, ESPN, TwinsTV, FanDuel Sports, Big Ten Network, The Golf Channel, Fox Sports, and ACC and SEC Networks.

Our TV service is powered by fiber, so it stays steady and reliable. You can record your favorite programs with DVR features and watch them whenever it fits your schedule. You'll also get watchTVEverywhere at no extra cost, which lets you stream live and on demand content from select networks wherever you are.

Designed to make life easier- there is one bill, no contract, and quick, local service and support whenever you need it. All your channels are together on one simple platform, with no shuffling between apps or antenna TV.

If you're ready for TV that fits your life, we're here to help you get started!



- Local news, weather, sports, and support
- Stingray Music
- HD Channels
- RestartTV
- DVR
- watchTVEverywhere
- Streaming or Traditional Set Top Boxes available

**View Channel Guides
at gototv.us**

Office Closed

Our office will be closed Thursday, January 1 for New Years Day. If you have an emergency service outage during this time, please call 507-498-3456 to reach our on-call technician. We look forward to serving you in 2026!

**HAPPY
NEW
YEAR**

New Device Help

Need help setting up a new device you received for Christmas? We've got you covered! Anything from a tablet, laptop, smart TV, Roku, Amazon Alexa, etc!

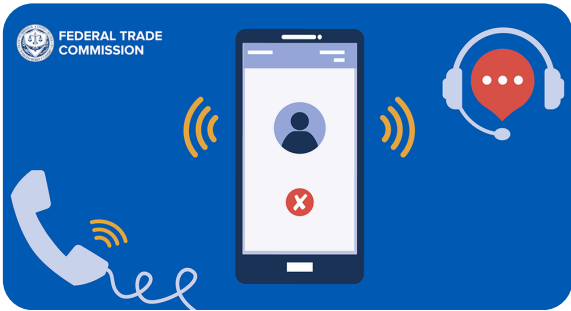
Pay Online

Easily view and pay your bills with the SmartHub app or at yourlocal.coop/smarthub



Restrict Unwanted Telephone Solicitations

In 2003, the Do-Not-Call Act was signed into law. This legislation allowed for the establishment and enforcement of a national Do-Not-Call Registry giving consumers a choice regarding telemarketing calls. If your number is listed on the registry, all commercial telemarketers, except for businesses with whom you have an existing relationship or certain non-profit and political organizations, are not allowed to call you.



Consumers may register their residential telephone number, including wireless numbers, on the national Do-Not-Call Registry at no cost. You can register on-line for the national Do-Not-Call Registry via the internet at <https://www.donotcall.gov>. To contact the registry by telephone, consumers may call 1-888-382-1222. For TTY, call 1-866- 290-4236.

Inclusion of your telephone number on the national Do-Not-Call Registry will be effective 31 days after registration. Your number will remain on the registry permanently. You are allowed to remove your number from the registry at any time.



Jill - 22 years

Dane - 1 year

Mindful Moment: Seasonal Affective Disorder

As daylight fades in the fall and winter months, some people experience more than the usual seasonal slump. Seasonal Affective Disorder is a form of depression that appears at the same time each year, most often beginning in late fall and easing in spring. Common symptoms include low mood, tiredness, trouble concentrating, changes in sleep or appetite, and a loss of interest in daily activities. Many people with winter-pattern SAD also notice increased cravings for carbohydrates, more sleep than usual, and a tendency to withdraw from social activities.

SAD is treatable. Helpful options include bright light therapy, psychotherapy, medication, and increasing safe exposure to natural light. Healthy routines such as getting outside during daylight hours, staying active, and maintaining regular sleep can also support improvement.

If symptoms last longer than two weeks or begin to interfere with daily life, consider reaching out to a health care provider. Early attention can make the winter months feel more manageable and hopeful. If you need free, confidential support, call or text 988 to connect to the National Suicide Prevention Lifeline. The Lifeline is available 24 hours a day, seven days a week.

Tips via nimh.nih.gov